



Onerahi Primary School
Together We Shape Our Future

Newsletter
 26 June 2020

Ph: 09 4360521



Tena Koutou Katoa

This term has brought some interesting events and challenges for us all and we have been so impressed with the way the children have eased back into school. They were quickly ready to learn and get back to normal. We are noticing at this late stage of the term the reappearance of illnesses, and tiredness is becoming more noticeable. We are all looking forward to the upcoming holidays, certainly a 12 week term is outside our norm. We are looking forward to starting term 3 refreshed and renewed, without any of the challenges Covid has brought this term. We hope to see more of you at our next Coffee and Korero morning next Thursday, a nice way to end the term together. We wish you all a safe and happy holidays. Nga Mihinui, AnnMaree MacGregor

UPCOMING EVENTS



July 02—Coffee and Korero

July 03 - Last day of Term 2

July 20 — First day of Term 3

August 21 — Mid Term Break (School Closed)

August 24 — Mid Term Break (School Closed)

Getting together

Here at Onerahi Primary our focus is very much on a collaborative approach to our tamariki’s learning journey. We aim to have strong relationships in place between our whanau and teachers, with open and regular communication. These relationships have been especially valuable throughout the lockdown period when learning changed. We certainly missed the face-to-face contact though.

Covid-19 changed the way we were able to gather for a while but we are delighted to now be able to begin running some school events, such as our first “Coffee and Korero” last week. Although the rain decided to show up first this time, we are planning other mornings like this in the future, like the one planned for next Thursday. Keep your eyes peeled for more whanau events too in Terms 3 and 4, we’d love to see you there!



Room 15 & 16's Waikaraka Walkway Wander

Rooms 15 and 16 were lucky enough to be the first class to enjoy some Education Outside the Classroom (EOTC) post lockdown. They took a trip on foot from the school up to the trig station accessed by a walkway at the end of Cartwright Road. Isabella Seaman from Rm 16 shares her account of the trip below.

Clunk clunk clunk went our shoes on the rocky ground. We were walking up a steep hill. When we reached the top there was a humongous water tank. We stopped here to eat. When we were finished eating we carried on. While we walked our class looked at the view - we could see Onerahi Primary school! It was astonishing! As everyone walked up another long hill we could finally see the trig station! Sadly we had to go up a very towering hill, it was challenging. One by one we ninja rolled under an electric fence, luckily it wasn't on. Someone's bag rolled down the hill but they caught it. We reached the trig station. The view was extravagant, you could see everything! From mountains to stadiums to warehouses. There was so much to see! There were millions of cow poos everywhere! It was gross! We ate again. Then everyone started climbing trees and exploring. When we were all down climbing trees we saw something revolting: a dead cow. "Ewww" everyone shouted. When everyone was done looking at the dead cow Mr Candy yelled "last one up is a rotten egg!" Everyone raced up the hill and sat down next to the trig station. Our class was a bit puffed so we did some drawing. Everyone went quiet. All we could hear was birds chirping and the sound of all the pencils drawing and sketching. Then Ms Peters said "five more minutes." When we were done drawing we got our bags and went back under the electric fence and started to walk back down the hill. While we went down some people tripped because they went too fast or there was just a big rock and they weren't looking where they were going. We finally went through the gate and started to walk back. We walked through some long grass, well some of us rolled, but we kept walking. We got to the back gate and said thank you to all the parents who came. When we went in it was play time so we walked in, took off our bags and went off to play.



Winter Wellness

Just a reminder to parents with the onset of cooler weather, please send your children to school dressed appropriately for the weather conditions. In terms 2 and 3 we do recommend covered shoes, and a warm jacket or school sweatshirt/long sleeved polo are also recommended. A reminder too that if your child is unwell, they must stay home to avoid the spread of any bugs.

SCHOOL HOURS

School gates open 8:15am

School begins 9.00am

1st Play Break 11:00

2nd Play Break 1:30

School finishes 3.00pm

School gates close 3:15pm

There are two eating breaks within the day, taken at times that suit each class. Please ask your child's teacher when their times are.

School Driveway

Please, please do not enter or leave the school via the staff driveway. It can be hard to see your children here and may be difficult to stop. In the interests of safety we ask that you enter and exit the school via one of the main pedestrian gates.

Lunches

Bought lunches are available 3 times a week. **NOTE: Please make sure your child's classroom number is up to date!** This makes it quicker and easier to get their lunch to them when it arrives.

Wednesdays—Sushi via Lunchonline

Sushi and Snacks for delivery on a Wednesday can now be ordered via your lunchonline account. Lunch must be ordered no later than 9am on the Wednesday morning. There is a gluten-free option for both sushi, and snacks.

Thursdays - Lunchonline

Lunches can be ordered on line. Go to www.lunchonline.co.nz to register an account. Lunches must be ordered no later than 8am on the Thursday morning. There is a wide variety of options.

Fridays - Hells Pizza—PLEASE NOTE: NOT AVAILABLE FOR THE REMAINDER OF TERM 2

A selection of 5 different pizzas only. All \$6.00 each. The PTA process these orders and receive \$1 per pizza ordered.

Place order form and money in a bag or envelope (these are available at the office on Friday morning) and pop it into the lunch box on the office counter. Orders must be in by 9:00am on Friday mornings.

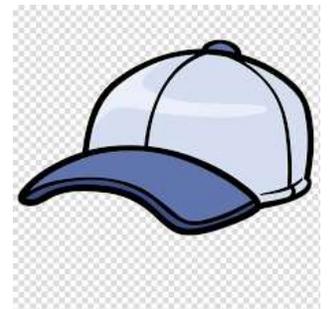
Hell Pizza do not take special orders. Pizzas must be ordered as is.

Found Property

Once again our "found property" hoard has increased greatly in size. In particular our number of shoes and hats has risen.

A reminder that found property can be located at the end of block 4 and if your child is missing an item, please do check here.

We also wish to remind parents to clearly name all items, preferably with surname too, so that they can be returned to their rightful owner when a parting of ways does occur.



Spare Clothing

During the winter months, especially on wet days, it would be great if your children brought a spare change of clothes in their bags. On the off chance they get caught in the rain, we would love them to stay warm and dry and able to learn.

Let's focus on Wellbeing..

Here at Onerahi Primary, we are all about working together for the benefit of our tamariki, so they are best able to fulfil their potential as learners. Wellbeing is a big part of this, for our staff and families as well as for our students and in this newsletter we are sharing some tips around the importance of being active. As winter marches on, it's good to remember the positive effect on both our physical and mental wellbeing that being active has.



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**



**WHĀIA TE MEA KA
TAEA E KOE, KIA
PĀREKAREKA TĀU I
WHAI AI, KIA PAI AKE
Ō PIROPIRO**

Being physically active every day is great for our bodies and minds.

As well as improving physical health and fitness, being **ACTIVE** can also improve our mood and overall mental wellbeing, and decrease stress, depression and anxiety.

These benefits are increased when we get outside.

Being active with others can help us feel more connected, and motivates us to build new habits.

Being active does not have to mean going for a run. Do what you can to move your mood. Any form of physical movement can be beneficial – find something that you enjoy and that suits your level of mobility and fitness.

Think about how you could move or stand more at work – build habits to bring more active movement into your work day.

Examples:

- Go for a gentle stroll at lunchtime
- Join a sports team
- Break up long periods of sitting
- Have walking meetings
- Take a yoga, Pilates or Tai Chi class
- Use the stairs instead of the lift
- Do some gardening
- Try some stretches

**"I found that taking short breaks throughout the day helps move my mood."
Ashley**

Cyber Safety

We are sharing our next Digital Safety Information sheet with you, which is on the very popular social media site Snapchat which although it is age restricted to 13 some of our students may already have a platform on and be using regularly.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Edits date: 29/09/18

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."



What parents need to know about **SNAPCHAT**

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose." When uploading to 'Our Story', your child's image or video could appear in 'Search results and Stories on or off Snapchat - today or in the future.'

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, users can even send a one-second photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshot, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beauty' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



Top Tips for Parents

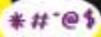


THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshot. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com



USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the Snap Map. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom'. We suggest that it is set to 'My Friends'.



Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | <https://support.snapchat.com/en-US> | <https://natsafety.net/snapchat-parent-review/> | RT.com | independent.co.uk

Matariki

With Matariki approaching again soon, our friends at Sport Northland have shared with us these little nuggets of information related to Matariki and how/why we can celebrate this important calendar event in our families.

MATARIKI

MATARIKI

Matariki is a time to reflect on the year gone by, plan for the year ahead, prepare land for crops and planting and celebrate new beginnings.

Developed by Sport Waikato 2019



MATARIKI

STARS

There are two versions of Matariki. One being that the cluster has 7 stars and another where there are 9 stars that light up the sky.

Developed by Sport Waikato 2019



MATARIKI

STARS

The stars of Matariki each represent a different part of our environment. 4 of the stars have a link to kai (food):

- Waiti food from the rivers
- Tupuarangi food from the sky
- Waita food from the ocean
- Tupuanuku food from the ground

Developed by Sport Waikato 2019



MATARIKI

TUPUANUKU

The star of Tupuanuku represents food from the ground which are our huawhenua (vegetables) that give us vitamins and minerals which help us to GLOW.

TIP: Eat a uenuku (rainbow) of different colours for a variety of different vitamins & minerals.

Developed by Sport Waikato 2019



MATARIKI

TUPUARANGI

The star of Tupuarangi represents food from the sky, like our trees. Healthy and tasty fruit gives our bodies vitamins and minerals which help us to GLOW.

Developed by Sport Waikato 2019



MATARIKI

WAITI AND WAITA

The star Waiti represents food from rivers while the star of Waita represents food from the ocean. These foods give us protein to help GROW our bodies and build and repair strong muscles.

TIP: Fishing and gathering seafood together is a great family activity!

Developed by Sport Waikato 2019



Community Notices

BEFORE AND AFTER SCHOOL CARE THE BEST HOLIDAY PROGRAM MSD APPROVED OSCAR SUBSIDIES AVAILABLE*

a safe & happy space to have fun, make friends, and be inspired!

EXTREME KIDS!
YOUTH PROGRAMMES

CALL NOW 0211850320
EMAIL ESPORTSGAMINGWHG@GMAIL.COM

ESPORTS GAMING

NOW TAKING ENROLMENTS FOR BEFORE/AFTER SCHOOL CARE + TERM 2 SCHOOL HOLIDAYS
LIMITED SPACES AVAILABLE. ENQUIRE NOW.
*FOR OSCAR SUBSIDY, CHECK ELIGIBILITY WITH WORK & INCOME

June/July classes	COMMUNITY EDUCATION WHANGAREI
27 June	Managing Stress & Anxiety, 10am-5pm, 1 day \$75
	Bokashi Composting 101, 9am-11am, 2 hours \$45
	Painting with Palette Knives, 9am-2.30pm, 1 day \$80 + supplies
	Drumming Workshop, 10am-1pm, \$40
	Women's Health, 9am-1pm, 1 morn \$50
	Create a Family Tree on Ancestry, 9am-12.30pm, 1 morn \$45
27 June & 4 July	Word workshop, 9am-12 noon, 2 mornings \$75
Sat 4 July	Painting a Beach Scene, 9am-2.30pm, 1 day \$110
	Effective Communication, 10am-5pm, 1 day \$75
	Photoshop Digital Art, 9am-12.30pm, 1 morn \$45
	One Page Wonders (play at bookmaking), 9am-12 noon, 1 day \$45
	Mindfulness Dance Workshop, 9am-10.30am, 1 morn \$20
Sat 18 July	NLP for Success, 10am-5pm, 1 day \$75
	Mini Art Mural, 9am-2pm, 1 day \$85
Phone 435 0889	Visit www.cew.ac.nz for details



FREE ASSESSMENTS ARE AVAILABLE!

SWIMMAGIC IS NOW TAKING ENROLMENTS!

Enrolments open for all ages and levels!

Pop in and see our friendly SwimMagic team or phone us on 09 430 4072 ext 1

Two payments: 12 block of classes \$180
options available: Direct Debit on-going classes for \$15/week

Find out more: Whangarei Aquatic Centre
 Ewing Road, Whangarei | Ph: 09 430 4072
 www.whangareiaquaticcentre.co.nz




Mangapai Hockey Club Ministicks

We are looking for year 2 and 3 students to play 6 aside hockey in our ministicks team. We currently have 3 players and would love a few more to make a full team. Contact Dianne Sketchley on 021 354 224 or email andy.dianne@xtra.co.nz to register your interest.



"Playball Northland (international multi sport and movement programme)

Weekly classes for 2 - 9 year olds. Register for a FREE trial at www.playball.co.nz/northland or email dean@playball.co.nz



If you are hoping to book in for Gymnastics classes act NOW!

Registrations for Term 3 are now open - Playgym, Pre-school and Recreational after school classes available. Have a look at our website: www.fantasticgymnastics.co.nz

Looking for more than just general gymnastics? Then contact us about our advanced and pre-competition squads.

Spaces limited, so email now: hapyday1@outlook.com or hannah@fantasticgymnastics.co.nz



Kamo Intermediate School

Te Kura Takawaenga O Kamo

Together building tomorrow - He mahi tahi mō apōpō

Ph: 09 435 0343

Hailes Road, Kamo, Whangarei, 0112

klsadmin@kamoint.school.nz

www.kamoint.school.nz

This communication outlines the timeline we will follow. We believe this process will ensure all students are able to be placed in a class that will enable them to grow through their exciting times here at Kamo Intermediate School.

Enrolment Interviews will take place at Kamo Intermediate School in Term 3. Please see the dates below. It would be helpful if before you come to the interview, you have completed the online enrolment and cybersafety forms which can be located at: <https://www.kamoint.school.nz/enrolment/>
In addition, when you and your child come to the Enrolment Interview please bring:

- Your child's most recent school report
- If you do not have NZ residency, we will need to sight passports, student visa and work permit documentation

Promotion Week	
<p>Monday 10 August Y6 students from <i>Hurupaki, Kaurihohore, Whau Valley</i> and <i>St Francis Xavier</i> come to Kamo Intermediate for a showcase and tour of our school. The presentations and activities will start at 9:30am and students will leave at 12:00 noon.</p>	<p>Tuesday 11 August Y6 students from <i>Kamo Primary, Totara Grove, Glenbervie</i> and from <i>all other schools</i> come to Kamo Intermediate for a showcase and tour of our school. The presentations and activities will start at 9:30am and students will leave at 12:00 noon.</p>
<p>Open Evening - Thursday 13 August - 6pm At our Open Evening, there will be a tour of the school for parents and caregivers. Following this, there will be a meeting in the hall at 6:45pm where there will be presentations from staff and students, and a chance to ask questions.</p>	
<p>Enrolment Interviews at Kamo Intermediate Parents and their children will have an enrolment interview at Kamo Intermediate on either Tuesday 18, Wednesday 19 or Thursday 20 August between either 8am and 10:00am, or between 2:30 to 6:00pm. This is a chance for parents and students to discuss their child's individual needs with a Kamo Intermediate staff member. If your child has behaviour or learning needs that require special attention, you will need to make an appointment to see one of our SENCO team by emailing Julia Parry jparry@kamoint.school.nz or Brony Oakley-Browne boakleybrowne@kamoint.school.nz Catch up day for enrolment interviews will be Friday 18 September between 8:00am and 12:00 noon.</p> <ul style="list-style-type: none"> • Please note: If your child wants to be considered for character classes (Thinkers Plus, bilingual, boys, sports), they must be enrolled no later than Friday 25 September to allow us time to hold days for our selection process. 	
<p>Kamo Intermediate DP to talk with Year 6 teachers - Weeks 2 & 4, Term 4 This helps us to be able to look further at making the best class placement for your child.</p>	
<p>Orientation Day at Kamo Intermediate This will be the first day of Term 1 2021 which will be a Year 7 only day.</p>	

If you have any further questions about the enrolment process, please contact me.

Pamela Abercrombie - Deputy Principal (email: pabercrombie@kamoint.school.nz)



Tikipunga High School

ENROLLING NOW

YEARS 7 TO 13

Phone: 0800 437329

Please phone Tikipunga High School Main Office to arrange a suitable date and time to enrol your child for 2021. Enrolments can be held either at Tikipunga High School or at your local School.

BOOK NOW FOR PERSONALISED TOURS!

Proudly supported by

**HAVE
ADREAM**

CHARITABLE TRUST
NEW ZEALAND

July School Holiday Programme - 2 Centres
Monday 6th July to Friday 17th July 2020

EDUCARE

Based in the Hurupaki School Hall, Dip Road, Kamo
OR

Maunu School Hall, Austin Road, Maunu

Hours 8.00am to 5.30pm

5-13 year old children

Maximum 50 Children

WINZ subsidies available

Discounts available for 2+ children

Exciting daily activities

2-4 outside visits

For further information please email:

info@schoolholidayprogrammes.co.nz, ring Christin
on 0274821331 or visit our website -

Name of programme:

Tennis Northland July 2020 Holiday Program

Where: Thomas Neale Tennis Centre,
Winger Crescent, Kamo, Whangarei

When: Wednesday 8 and 15 July and
Thursday 9 and 16 July 2020

Times: 9am -2pm

Age group catered for: Any school age

Any costs: \$20 per child per day

(Tennis Northland Bank details

ASB 12 3099 0410707 00)



Bring your own lunch, snacks and drink bottle

Contact details: Raewyn Heywood, 0274386197

raehey@extra.co.nz

ARE YOU READY TO BOUNCE FLIP
AND SWING IN YOUR HOLIDAYS?

GYMNASTICS HOLIDAY PROGRAM

PARUA BAY COMMUNITY CENTRE

TUESDAY & THURSDAY
7, 9, 14, 16 JULY
11:30 - 5:30

\$25 PER PERSON OR BRING A
FRIEND \$40

EMAIL: Hannah@fantasticgymnastics.co.nz
PHONE: 0276659174
BOOK NOW!!!

School Holiday Programme

-  Kids aged 8 - 13 years
-  Mon 6th - Fri 10th July
-  8:30am - 4:00pm
-  The Home of Northland Futsal
@ Excellere College, Kamo
-  1 day: \$40 per day
3+ days: \$35 per day
-  15% discount for siblings

details and registration online
www.northlandfutsalacademy.co.nz
or contact Christian
021 246 7328



playball
Northland

SIGN UP
Online

Holiday Programme

For children aged 4-9yrs

13th July- 17th July (week 2)

9am- 2pm at the Northland Badminton Hall, Porowini Ave

To sign up go to www.playball.co.nz/northland
(Add what days you would like in the note section)

- Introduction and development of a range of sport skills.
- Using sport as a means; we provide children with the opportunity to develop a host of necessary social, educational and personal skills.
- Positive, fun coaching environment for junior students!

Dean 021 105 4484 dean@playball.co.nz



RUGBY AND HOCKEY HOLIDAY PROGRAMME

WHEN

6TH, 7TH AND 8TH OF JULY

YOU CAN CHOOSE WHAT DAYS TO ATTEND

WHO CAN ATTEND

BOYS AND GIRLS YEAR 3 TO YEAR 10

WHAT IS THE COST

\$25 - 9AM TO 12PM PER DAY

\$40 - 9AM TO 3PM PER DAY

WHAT TIMES

DROP OFF 8.30AM - PICK UP NO LATER THAN 3.30PM

WHERE

WHANGAREI BOYS HIGH SCHOOL

CONTACT

MARATEAJOSEFINA@GMAIL.COM

0210476611



Wave Warriors

July Holiday Surf School

NZ Surf Academy have teamed up with Surfing New Zealand to deliver their national junior surfer programme....Wave Warriors

3 days at Taupo Bay & Tutukaka Coast | \$110 pp

Taupo | Beginner |13-15 July | 10am-12.30pm

Taupo | Intermediate |13-15 July | 10am-12.30pm

Tutukaka | Beginner |16-18 July | 10am-12.30pm

Tutukaka | Intermediate |16-18 July | 10am-12.30pm

Beginner & intermediate programmes – developing surf skills and water confidence in a fun and safe environment



Limited spaces | Please email to book

surf@nzsurfacademy.co.nz

